Extra Ordinary Levin pg.13

Homeless Youth

April 16, 2020 - Volume 39 - Number 16 - eugeneweekly.com - FREE Every Thursday - Illustration by Chelsea Lovejoy

Jivin' **Johnny** Etheredge pg.5

> COVID Triage?

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How to stay lifted during lockdown







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#### Homemade Granola

4 cups old fashioned oats

34 cup wheat germ

1 tsp salt

1/4 cup brown sugar

½ cup honey, (we like blackberry honey from

½ cup coconut oil

½ tsp cinnamon

½ tsp vanilla extract

 $\frac{1}{2}$  cup shredded, sweetened coconut

Optional:

¾ cup dried fruit, baker's choice

34 cup nuts of your choice

Preheat the oven to 325 degrees.

Line a rimmed baking sheet with parchment paper.

In a large bowl, stir together the oats and wheat germ.

In a small saucepan, combine the salt, brown sugar, honey, coconut oil, cinnamon and vanilla. Bring to a boil over medium high heat while stirring. Remove from heat once it reaches boiling.

Pour the heated mixture over the oats and stir until everything is coated. Add the fruit and nuts if you like, and the coconut and stir to combine.

Spread the mixture evenly onto the baking sheet. Press together some clumps to make crunchy clusters.

Bake for 15-20 minutes, keeping an eye on it near the end of baking. Stir halfway through.

Remove from the oven. Press gently with a silicone or wooden spoon to encourage more clusters.

Allow to cool completely. Once cool, store in an airtight container.

## StayIn Home Cookin' Time

### Cold Asparagus w/Vinaigrette

2 eggs

1 bunch asparagus

½ cup+ olive oil

3 Tbs Balsamic or red wine vinegar

salt & pepper to taste

Optional:

Dijon mustard to taste

1/4 cup shallots, finely chopped

1 garlic clove, crushed

Hard cook eggs, either by steaming or boiling (steaming makes them easier to peel).

Wash asparagus. Snap the woody bottom ends off each spear.

Put the asparagus in a cold skillet on the stove. Toss the spears with some olive oil and turn the burner on to medium.

Cover the skillet and let the asparagus cook until it reaches your desired level of tenderness, stirring it from time to time.

While the asparagus cooks, make vinaigrette using a half a cup of olive oil to about three tablespoons of either balsamic or red wine vinegar, but any vinegar would work well here. Salt and pepper to taste. If you like, throw in some dijon mustard and finely chopped shallot or crushed garlic cloves.

Once the asparagus has cooked, take it out of the pan and let it cool until you can chill it in the refrigerator.

After the asparagus has cooled, cover it with the vinaigrette and grate the hard cooked egg over the top.

Serve immediately.

### Peanut Butter Chocolate Chip Cookies

1 c peanut butter, crunchy

½ c butter or margarine

2/3 c honey

1 tsp vanilla

2 c WW flour

2 tsp baking powder

½ tsp salt

Chocolate chips to taste

Preheat oven to 375°.

Melt the butter and stir wet ingredients together. Sift dry ingredients & add to peanut butter mix; stir thoroughly. Add chocolate chips to your heart's desire.

Use a teaspoon to gather dough, roll into a ball and place on a greased cookie sheet. Dab a fork in water and press down the center of each cookie.

Bake 12 – 15 minutes. Eat with family and cold milk. Yummm.



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## letters

#### ARCHITECT IN CHIEF?

As he promised, President Donald Trump has deliberately undone many government regulations. Why then is he proposing a new one?

His proposed executive order "Making Federal Buildings Beautiful Again" (EW, Making Architecture Great Again, 2-13) says architects should return to the Greek and Roman styles that symbolized our federal building designs until the middle of the 20th century.

He criticizes President John Kennedy for having spearheaded the General Services Administration effort to bring contemporary design to new federal buildings. He criticizes several "Brutalist" buildings, naming the Hubert Humphrey Department of Health & Human Services, Frances Perkins Department of Labor and Robert C. Weaver Department of Housing and Urban Development buildings as examples.

Kennedy, Vice President Hubert Humphrey, Frances Perkins (Secretary of Labor 1933-1945, first female cabinet member), Robert Weaver (Secretary of HUD and first African American cabinet member): Which bothers Trump more, the style or the people being honored?

Trump didn't like San Francisco's new Federal Building either. But it has ample day lighting and natural ventilation. The secretarial pool gets the windows with view, the bosses get the interior offices.

Trump cites one new example that he likes: the Tuscaloosa Federal Building. Sporting iconic columns and a pediment. this building was supposedly inspired by the Greek temple of Zeus at Nemea.

As an architect, I am not very fond of Brutalism. Several examples cited by Trump are indeed unpopular with some. But I remember with revulsion Hitler's embrace of classical styles and his architect henchman, Albert Speer. Trump's proposal to regulate architectural design would head us in that direction.

> John S. Reunolds, FAIA Eugene

#### WHY AREN'T UO COACHES **SHARING THE SACRIFICE?**

The Weekly was absolutely on target in its Slant column on 4/9. Why is it necessary to have coaches who make more than the overpaid president of the University of Oregon? The Athletic Department brings in lots of revenue, over \$120 million a year. but spends virtually all that money on itself while student tuition continues to rise.

What is the point of spending so much on athletics if none of the benefits contribute to the academic purpose of the university?

Oregon deserves a first-rate educational institution that can produce well

rounded, analytic minds this state will need in the future and musicians and artists who can instill a love of beauty in our communities. Producing a few professional ball players every year is exciting, but that is not the reason Oregonians fund this university.

Can we use this virus-imposed pause to reassess the direction of higher education in Oregon? Can we increase state subsidies to reduce the reliance on corporate donors? Can we require a significant portion of athletic revenue to be devoted to academics? Can we reduce administrative bloat and strengthen faculty? Can we pay more rational salaries to administrators and coaches?

I hope we can.

Charles Dunaway Eugene

#### **LET'S ALL SPACE OUT**

Hey, bicyclists and joggers: The paved paths along the Willamette River Greenway are plenty wide for us to maintain the recommended six feet separation. But when walkers approach from opposite directions and you thread the needle, you are not keeping that dis-

We saw that repeatedly on our walk today with numerous bikers and runners who came within a few feet of us as they passed between walkers. Please be

considerate, slow down momentarily and then zoom around with plenty of room between us. Keep in mind your own health, as well as that of everyone else enjoying one of the best things about Eugene.

Thank you.

Greg Vaughn Eugene

#### **MOTHER KNOWS BEST**

Mother Earth, she ain't so dumb. First, she sends us to our rooms to think about what we've done, then she gets busy and starts cleaning up our mess.

Have you noticed how blue the sky is. how fresh smelling the air, how clear the waters, how fragrant the flowers?

That's all Mother Earth. She knows what she needs to survive, and she knows how to make it happen. A good old pandemic will do a lot to stop the pollution. Darned shame we wouldn't figure it out for ourselves, and now we have to deal with the fallout of our lack of care for the earth we are charged to tend. Bad, bad stewards are we. Have we learned our lesson?

Time will tell.

Patrice E. Dotson Eugene

Eugene Weekly is printing fewer pages due to a loss of ads during COVID-19. You can find more content online, including election-related letters.



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## news

## Radio, Radio

IN THE TIME OF COVID-19, POPULAR EUGENE DJ KEEPS KRVM ON THE AIR

By Will Kennedy

rom quarantine, KRVM radio DJ "Jivin" Johnny Etheredge has kept himself busy, producing off-site the majority of the community-supported radio station's most popular programming since the COVID-19 shutdown. In operation since 1947, KRVM broadcasts at 91.9 FM from Sheldon High School in north Eugene.

Despite Oregon schools closing to all but essential personnel through the end of this school year, Etheredge is keeping the station on the air. Usually, about 50 volunteers cover KRVM's early mornings, evenings, weekends and late nights. "All the sudden they're not doing their shows," Etheredge says. "I've been doing about 20-some odd hours every weekend."

He isn't hosting the shows live, the DJ explains, but instead, producing them in his home studio, going on-site once a week to slot them all into the station's automated system. That includes shows like *Breakfast with the Blues*, *Soul City*, and *The Beatles Hour*, as well as two of Etheredge's two best-known shows, *Country Classics* and *Son of Saturday Gold*.

Once KRVM's program director, Etheredge is semiretired and is now the station's underwriting representative and mentor for students, many of whom host their own shows on the channel. The station was once funded in part by Eugene School District 4J, but it is now completely self-sufficient, Etheredge says.

 $Etheredge, 68, speaks with a wide, central-Texas accent\\ - a voice for radio, you could say. He was born in Waco$ 



before leaving Texas in high school to join his mother in Southern California. His earliest musical memories involve Elvis Presley, but The Beach Boys were the first group he really became obsessed with. Radio from the heyday of celebrity radio DJs like the late Wolfman Jack provided the soundtrack to his youth.

"I became enamored with twisting the dial late at night," Etheredge recalls. "You could pick up stations you couldn't pick up in the daytime," out of places like Chicago and New Orleans. Stations playing rock 'n' roll and rhythm and blues and soul music, he says.

His radio shows, like much of KRVM's programming, are a reminder of how radio was once a powerful cultural force, but also what's been lost in an era of corporatized mainstream radio and music-picking algorithms.

"The stations made their own programming decisions and played what they thought their listeners wanted to hear," Etheredge says, "and that varied from city to city."

At that time, stations would publish top-30 playlists and, unlike now, they didn't have to conform to some national norm.

"They'd play oddball records all the time," Etheredge continues, adding this freedom not only made radio more interesting but also helped support local music scenes. "That's what's missing, that local flavor, that regional flavor is just not there anymore."

Missing, but not completely gone. Etheredge remains dedicated to keep on the radio well-curated tributes to 20th-century pop music, from swing to bluegrass and country.

"I'm always thinking music," Etheredge says, "and there's always music at hand to play with, but now, especially, I'm having to scramble to get so much stuff on the air."

With COVID-19 on their mind, Etheredge and his wife have been almost completely self-quarantined. Nevertheless, he feels safe going back to the school grounds to help keep KRVM running. As a media outlet, the station is allowed to remain in operation.

"Everyone is maintaining their distance from each other," he says. ■

## 'Safe Shelter, Food and Clothing'

YOUTH-SERVING PROVIDERS PROPOSE TEMPORARY COVID-19 SHELTER

By Gina Scalpone

s the novel coronavirus pandemic entered our community, homeless advocates sprang to work, trying to protect the most vulnerable among us. Lane County, in conjunction with nonprofits such as White Bird Clinic and St. Vincent de Paul, has adapted its services and opened new shelters for adults experiencing homelessness.

Now it's time to turn to unhoused youth in Eugene, says Megan Shultz, community coordinator for 15th Night, a partnership between groups and nonprofits in the Eugene area that works with unhoused youth to find solutions that work for this underserved community.

While Lane County is working to do outreach, it says it cannot open new beds to shelter unhoused youth. So providers surveyed youth and came up with a proposal: opening First United Methodist Church as a temporary shelter.

More than 1,600 students in the Bethel, Eugene and Springfield school districts experienced homelessness during the 2018-2019 school year, according to data from the Oregon Department of Education. Nearly 500 of those students experienced it alone.

While young people in general are not at a high risk of death due to COVID-19, Shultz says unhoused youth do have a higher risk. "When you're sleeping in the cold or not getting enough to eat, you're scared all the time,

your stress levels are running high, it makes sense that you would be more at risk of getting sick of anything, right?" she says.

The nonprofits and groups that make up 15th Night, such as Looking Glass and the Hosea Youth Services Resource Center, are "still in the trenches" serving the community, Shultz says, but their services had to adapt. For instance, Looking Glass' Station 7 shelter expanded its age range but had to decrease the number of beds it operates, from 14 to eight, and HOOTS, a White Bird program that offers mental health support in high schools, opened a counseling phone line for high schoolers and their families now that schools are closed.

Lane County is focused on making sure there is a plan  $\,$ 

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in place in case unhoused youth test positive for COVID-19, County Commission Chair Heather Buch says — that hasn't happened yet, but they could be quarantined in hotels or at the old veterans' clinic that was adapted for COVID-19, she says.

Many homeless youth have also been affected by the stay-at-home order, because places where they were able to access resources, like schools, are closed.

"Part of our priority is knowing where they are or where they were before COVID-19. And is that a safe place for them? And can we bring some services to them?" Buch says. As part of a joint response to COVID-19 by the county, Eugene and Springfield, the city of Eugene established a mobile outreach team to unhoused people to make sure they have access to services, Buch says.

However, the county has no plans to open new beds for unhoused youth yet. "I wish we could," Buch says.

So providers surveyed 35 youths experiencing homelessness who interact with their services about their current needs, where they've been staying and where they would be willing to shelter.

According to that survey, nearly three quarters of the youths interviewed have sheltered in an unsafe environment in the last six months. One in three of the youths interviewed reported having a chronic illness, which may make them more susceptible to complications from COVID-19. The three priority needs they reported were safe shelter, food and clothing.

It was based on the results of that survey that the non-profits proposed opening up the First United Methodist Church site, which operates the youth Egan Warming Center when it's active, as a temporary, low barrier shelter for up to 40 unhoused youth under 21 years old.

 $\hbox{``This is a community, youth-informed proposal,'' Shultz}\\$ 



Photo courtesy 15th Night

says of the proposed plan. According to the proposal, youth feel comfortable at the church because it's already familiar to them, and having a central location will prevent them from roaming, which could lead them to contract or spread the illness.

The estimated cost to get the shelter up and running for 90 days is \$150,000, and St. Vincent de Paul, which operates many of the permanent and temporary COVID-19 shelters in Eugene, would operate the shelter. It can be running within a week of funding, according to

the proposal.

Shultz emphasizes that they aren't asking for the county specifically to fund the shelter. "We can move quicker with private dollars than we can with public dollars," she says. SVDP is taking donations for the shelter online. Those interested in donating to the shelter can specify the program in the form.

The HOOTS phone lines can be reached 9 am - 4 pm Monday-Friday. Students, families and staff of 4J and Bethel schools should call 541-246-2342, while those in Springfield, South Lane or Oakridge Schools should call 541-246-2332.









## **Uncertain Protocols**

## OREGON HOSPITALS LACK TRANSPARENCY WHEN IT COMES TO HOW THEY TRIAGE CORONAVIRUS PATIENTS

By Taylor Perse

hen people enter a hospital emergency room with symptoms of COVID-19, they are immediately assessed by a physician who decides if they meet the criteria to be tested and if they should be admitted to the hospital.

This process, called triage, is how doctors decide who gets tested, who is admitted and who receives a ventilator if hospitals become overwhelmed with CO-VID-19 patients. But in some Oregon hospitals, triage and testing guidelines for COVID-19 patients remain unclear between local medical centers and the Oregon Health Authority (OHA).

In Lane County, 1,540 people have been tested for the novel coronavirus, and others are still fighting to be tested. Because they have limited equipment, hospitals may become overwhelmed, forcing physicians to make difficult decisions on what care patients receive.

Kevin Rau, a media public information officer with the Oregon COVID-19 Joint Information Center, writes in an email to *Eugene Weekly* that the decision to administer any kind of test or treatment of COVID-19 "lies solely with the treating physician" and that OHA has not issued any recommendation that would change a physician's treatment of the coronavirus.

Another OHA media public information officer, Phillip Schmidt, writes in an email to EW that OHA's website provides guidance documents for providers and other public health authorities. The website has general triage protocol documents, but none specific to COVID-19.

Schmidt adds that how a patient is triaged depends on

their background and symptoms, which also factors into whether or not a patient receives ventilators.

"We are continuing to urge clinicians to prioritize high risk patients or patients who live in higher risk settings for testing." Schmidt says.

PeaceHealth Sacred Heart Medical Center University District and Riverbend also say they have procedures for triaging, but the information is not readily available. Anne Williams, a communications specialist, writes in an email to EW that PeaceHealth has triage sites, but gave only a vague idea of guidelines the hospitals use for triaging coronavirus patients.

"As part of PeaceHealth's preparedness efforts, we developed alternative medicine triage sites for our Eugene and Springfield hospitals," Williams said.

Williams explained that patients arriving at a Peace-Health medical center are assessed outside the emergency department before being directed to the emergency room or the designated COVID-19 triage site.

If a patient has respiratory symptoms or a fever, they will be taken to the triage site, where physicians will make the decision whether to test a patient for COVID-19. Then, they will be directed to go home into isolation or brought in to the emergency department for further medical treatment.

"We will follow the medical necessity best practices when determining care for each individual's health status, giving priority to the most critical patients," Wlliams says.

When asked further questions about the triage guidelines and how the hospital is preparing in case they are overwhelmed with COVID-19 patients, Williams said she did not have anyone to answer the follow-up questions over the phone and said she believes the email response covered the triage question.

Williams also suggested looking to OHA or the Centers for Disease Control and Prevention(CDC) for more information on triage guidelines, but she did not specify whether PeaceHealth hospitals were following protocols listed by either the state or the federal health authority.

In Portland, Oregon Science and Health University in Portland is treating about 10 COVID-19 patients at the moment and provided documents regarding the hospital's response to the pandemic, but it also does not list guidelines for how patients are triaged.

Other hospitals offer more transparency when it comes to triage guidelines. The University of Washington Medical Center has an entire webpage of COVID-19 protocols listing in detail what to do and how to decide which patients are prioritized. For example, those who are at higher risk of having complications with the virus are admitted to the hospital before those who may not have underlying conditions. The resources also provides information on policy statements and how the medical center is staying sanitized.

UW Medical Center has several flowcharts for triage that gauge a patient's medical history along with the supplies available and care needed. No one from UW was available to answer further questions about the guidelines before press time.

If hospitals are unsure of which triage guidelines to follow, the CDC has also produced documents listing ways hospitals should prepare for COVID-19 as well as how to triage patients. It is unclear how local hospitals are determining their triage protocols. ■

## slant

Some good news in time for **Earth Day April 22**: We now have a chance to see what the world looks like with less of a human footprint. The fossil fuel industry is in free fall; roads are closing to make room for bikes and walkers; less air pollution will save thousands of lives; and wildlife is taking over Yosemite National Park because people and pollution are gone. In the midst of the COVID-19 tragedy, there are some bright moments.

• Eugene Weekly is hanging in there with the help of generous community contributions and loyal advertisers — and we know our other ads will be back when this pandemic lets up and we are all back on our feet! Until then we are printing fewer pages and distributing to fewer spots. Stay home! You can read extra coverage online each week, such as what's up with red tree voles and how local libraries are available for you. And if your regular EW pickup spot is empty, give us a call at 541-484-0519 and let us know. We check messages all day long!

• Last week was Eugene Weekly's cat issue, and we had some fun with the kitties in our lives. In the midst of the coronavirus, many people have taken some of this unplanned downtime to adopt and foster animals. We noticed that Congressman Peter DeFazio is one of those people who has added a cat to his life. He and his wife, Myrnie, have made a practice of adopting animals that need a home. Now they have Eduardo, a roughly 10-year-old black cat from Greenhill Humane Society. Can't foster or adopt? That's OK, Greenhill could use donations for its pet food bank and for general animal care. The humane society is open by appointment, call 541-689-1503 or go to Green-Hill.org.

• Gov. Kate Brown's press conference on April 14 left us with confidence in her team's ability to reopen Oregon "in a smart and deliberative" fashion after her wise early shutdown of the state in retreat from the virus. As she said, "a timeline is difficult" because the virus is setting the pace, but she is working with Gov. Jay Inslee of Washington and Gov. Gavin Newsom of California rather than listening to the would-be king in the White House. Bravo, as well, to Gov. Andrew

Cuomo of New York and the other northeastern governors who are banding together to decide when and how to open their states rather than deferring to Trump, who, of course, wants political credit for restoring the economy.

• If you read your Voters' Pamphlet and listen to the City Club of Eugene virtual candidate forums, you will be a well-informed voter in this time of the pandemic. The next forums are April 17, City Council wards 7 and 2, and April 24 for Eugene's mayoral candidates. Watch Fridays at noon on the City Club Facebook page, on City Club's YouTube and 7 pm Mondays on KLCC public radio. It was a jolt listening to Pat Farr, incumbent Lane County Commission candidate, say that we need to put a new Lane County courthouse back on the ballot soon because of the narrow window where the state will help. It's hard to imagine winning funding for a new courthouse in this economic climate no matter what the window is for state help.

SLANT INCLUDES SHORT OPINION PIECES, OBSERVATIONS AND RUMOR-CHASING NOTES COMPILED BY THE EW EDITORIAL BOARD.

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## How Green is Our Valley

### THE WEED INDUSTRY IS GREEN WITH CASH AS CUSTOMERS STOCK UP ON GOODIES By Henry Houston

hen you think of essential workers in a pandemic, budtender is probably one of the last that comes to mind.

Five years ago, people saw weed as a gateway drug, Nathan Southers, a manager at Nectar, tells me. But he's happy to see that the industry is an essential service and that he has a job during the COVID-19 pandemic.

The industry is still fighting to be treated like an ordinary business — and dealing with problems with federal banking regulations — but for now, the state of Oregon looks to dispensaries like Nectar for a revenue source, something the state will need more of soon.

I called around to some local dispensaries to see what the weed industry's "toilet paper" is while finding out how to get newbies like myself into the dank world of weed.

At Nectar, pre-rolled joints are selling fast, as well as

"People are just chilling at home, and they have nothing else to do," Southers says, adding that for some out-ofwork people, drug tests aren't a concern right now. "People have lost their jobs, too, so they're able to smoke again."

It's been nonstop at his store as employees constantly sanitize and run orders out curbside, something that the OLCC allowed a few weeks ago.

Southers says the store goes through so much flower that he can't say which strain has been successful, but they do offer weekly deals because for the most part customers just want the most bang for their buck.

Pre-rolls are popular right now because it's a simple way to get high — you don't need a bong or any apparatus — and an ounce goes for \$48.

Because of the governor's social distancing measures, dispensaries are not only dealing with fewer people inside a store at one time, but they aren't able to offer customers a whiff of what they're buying — something unique to Oregon. Flower is still selling without customers' catching a whiff, but concentrates (THC or CBD separated from the flower through a means like temperature) aren't selling as well

At Moss Crossing, co-founder Cam McNeeley says this is a weird time for the industry. Dispensaries are considered an essential business but don't qualify for federal assistance.

Management at Moss Crossing know this has been a tough period for the staff who have been coming in. So they enlisted the support of hip-hop artist Afroman of

"Because I Got High" fame to give a pep talk and morale boost to the store's troops (I sent a message to him via Instagram, but he didn't tell me what he's using right now).

"Thank y'all for staying open during the coronavirus, ay, gettin' those deliveries to the patients who need that medication," Afroman says in the video with a rhythmic meter. "When all the buildings in New York City fall, Moss Crossing will be standing tall—gettin' deliveries to all of y'all."

McNeeley says customers are stocking up on things like flower, edibles and vape cartridges. And people who are feeling anxious about current events have been buying CBD gummies and tinctures. At Moss Crossing, pre-rolls aren't selling as well, though, since those are traditionally shared with friends — and you can't pass a joint over Zoom or FaceTime (vet).

For the newbies, there are other options to feeling good during quarantine.

Southers says microdosing with edibles is a way to avoid smoking weed, something to consider since we're all laying low to avoid catching a respiratory illness.

Moss Crossing co-founder and CEO Heidi Fikstad says a low-dose edible is a fun way to fuel one's creative process or make TV binging more entertaining.

"A daily regimen of high CBD, like a Luminous Botani-

cals Earth Blend, may help relieve some of the anxiety people are feeling these days," she writes in an email. "It might be a good time to step the relaxation up a notch and try some Empower soaking salts in an evening bath. We also have tinctures like Sung God's Hypnos Sleep Tincture, that could help those suffering from sleepless nights."

For some, being home all day has meant learning how to garden, according to search aggregator Google Trends. Apparently gardening is at its all-time peak right now with people searching for terms like "how to garden," "gardening" and "victory garden."

Fikstad says now is the time to learn how to grow your own cannabis plant. The store has clones to get started in spring and copies of *Sungrown: A Grower's Guide to Cannabis* for a simple how-to that can get you a special kind of green thumb.

Now, I may not be steeped in the weed world like Afroman, but I'm not a total square either. Don't think I'm a regular weed consumer based on the fact that I work at *Eugene Weekly*. I stay away from the herb because it aggravates my already over-the-top anxiety levels.

But when I found out about the Portland-based Aprch (pronounced "approach"), my use of CBD increased immediately. See, I drink a lot of sparkling water. It started as a way to cut down my alcohol drinking (since the moment I drink, I become a new person and that person wants a new drink, to paraphrase Robin Williams) but grew into a two-to-three-can of La Croix a day addiction.

Aprch chief managing operator Brett Wiley tells me he prefers CBD-infused sparkling water over beer, too.

"It doesn't get you high," Wiley says, adding the drink is good for you because of added vitamins.

Aprch started when Wiley and two other people joined forces in November 2018 to form a group with experience in the cannabis and action sports industries. It began selling in July 2019 and first sold its sparkling water in October 2019 in 600 retailers throughout Oregon.

Wiley says CBD has a lot of positive benefits for many people and it's coming to light as the market has grown. Besides 30mg of broad spectrum CBD (zero THC), the sparkling water also has amino acids and vitamin C.

Aprch has three flavors of its sparkling water — lemon and lime, cucumber and mint, and watermelon — and has more flavors on the way, Wiley tells me. In July, the company will have coconut papaya, peppermint in November and cherry lime will be out soon.

In the meantime, Aprch is here to chill me out as the world has ground to a screeching halt. ■

Nectar is located at 340 River Road and is open 7 am to 10 pm; call them at 541-255-2457 or visit Nectar.Store/River-Rd. Moss Crossing is located at 2751 Friendly Street and is open 10 am to 7 pm Monday through Saturday, 7 pm for pick-up, 10 am to 6 pm for delivery, closed Sundays; call them at 541-636-3724 or visit online at MossCrossing. com. Visit DrinkAprch.com to find a location near you to buy the drink.



Courtesy Moss Crossing



## Sex, Drugs and COVID-19

### BE SAFE WITH COITUS AND CANNABIS By Camilla Mortensen

here are things I consider essential, and then there are things that Oregon considers essential. As it turns out, weed and liquor are essential in the Beaver State, and those businesses remain open under the shelter-in-place order. And as long as many of you folks are staying home, sex is probably a necessity, as well.

So how do you engage in what have always been very social or up-close-and-personal acts like lighting up or nookie in the time of six-foot social distancing?

Let's start with weed.

The National Organization for the Reform of Marijuana Laws sent out a handy guide to partaking during the pandemic. Essentially, it starts off with "puff, puff, but don't pass," or as NORML puts it, "Avoid direct sharing and keep your personal consumption devices clean."

Basically, COVID-19 means don't share your bong or joint, and if you want to partake socially, do it on Zoom or FaceTime. If someone else does happen to put their lips on your pipe, NORML suggests using at least 90 percent isopropyl alcohol to clean it.

Cannabis review site Leafly points out that despite dispensary precautions, packaging could also be a source of transmission and suggests alcohol—not the the drinking kind, even Tito's, as it's not strong enough—hydrogen peroxide or a solution of four teaspoons of bleach per quart of water, in addition to the very long list of EPA approved chemicals that kill the virus. Don't mix cleaning products; that never ends well.

Then of course there is the obvious precaution — given coronavirus is a respiratory disease, now more than ever is the time to really watch what you put in your lungs.

NORML suggests "alternative delivery devices, such as vaporizers to mitigate smoke exposure," but given that just a couple months ago we were freaking out about vape-induced lung issues, you may consider going with NORML's other suggestion: Use of edibles or tinctures.

As anyone will tell you who's had one too many pot

brownies: Go slow when it comes to edibles. But for those of you with free time and a knack for baking, instead of bread, maybe now is the time to perfect your cannabis culinary skills?

No matter the manner in which weed is being consumed, one thing is certain — folks are definitely con-



THE OREGON HEALTH AUTHORITY SAFE SEX GUIDE

suming it. The Oregon Liquor Control Commission, which oversees Oregon's cannabis sales, reported that Oregonians bought \$84.5 million worth of cannabis products in March when the governor's stay-at-home

order was enacted. That's the most in one month since Oregon legalized the devil's lettuce back in 2015.

Cannabis sales are not the only virus-induced boom; media reports across the country and the world  $-\,$  I'm looking at you, Denmark  $-\,$  say that sex toy sales are taking off. The Oregon Health Authority issued a handy little sheet to let you know how to have sex safely in the time of COVID-19, reminding us to practice "selective kissing" and that "you are your safest sex partner."

Kim Marks, proprietor of As You Like It — A Pleasure Shop, takes issue with OHA's suggestion to "press pause" on activities like rimming because the presence of the virus in feces could risk spread.

While fears of spreading the virus are real, the agency should advise using a barrier like a dental dam or non-porous Saran Wrap, she says. Also, she points out that the agency should be reminding people to use gloves for some sex acts and that "people without penises have sex," so the OHA should let folks know about dental dams in general.

Dental dams are latex or polyurethane sheets used between the mouth and vagina or anus during oral sex. Don't have one on hand? The Centers for Disease Control and Prevention recommends cutting off the tip and bottom of a condom and cutting down one side to lay it flat.

Orgasms reduce stress and can help with insomnia, Marks says, and are part of mental health. She says if intimate touch is too much right now, think about mutual masturbation.

Some people find themselves sheltering in place taking care of parents and not with a partner, Marks says, and some polyamorous folks are sheltered with one partner and not the other. Luckily, you don't have to run the risks of Zoom to see each other's face while getting off. Marks recommends WeVibe, a vibrator that comes with an app allowing couples to control each other's toys and even has a secure video feature.

An added benefit to a vibrator, she says, is you can use it on your non-erogenous zones because "our entire body needs attention right now."

Pick up some cannabis- or CBD-infused lubricant or massage oil and get ready to relax, coronavirus or not. ■

For where to get weed, check out our story this issue on curbside pickup and delivery. For sex toys, in addition to online shopping, As You Like it is offering its nontoxic, sweatshop-free products via scheduled private shopping hours. Go to AsYouLikeltShop.com or call 541-606-0553.

## Pineapple Express

ere in Eugene, we boast of having weed shops

### GET YOUR WEED DELIVERED TO YOUR DOOR, OR AT LEAST PICK IT UP IN A PARKING LOT By Taylor Perse

on almost every corner, which is convenient — until a global pandemic hits and forces everyone inside for the foreseeable future.

Many of these shops are still open as green beacons of light among other business closures, providing products while keeping counters sanitized and enforcing social distancing. But for those who cannot make it inside, delivery is an option. And for dispensaries that don't deliver, Oregon Liquor Control Commission (OLCC) put in place temporary rules that allow shops to offer curbside pickup.

If you aren't sure which shops deliver or how to order, visit the website Dutchie, which is like the GrubHub of pot shops. Dutchie is an online marketplace based in Bend, and backed by famous 420-loving rapper Snoop Dogg and, as of September, NBA player Kevin Durant.

The website uses your location to show you which shops near you have delivery and pickup, as well as the products they offer so you can order online. This makes it easier for local shops to get their information out and streamline their delivery process.

At Amazon Organics, manager Sam Sampson says they have been delivering frequently since 2018, which has unsurprisingly skyrocketed since coronavirus.

"We are slammed all day with delivery," Sampson says. Amazon Organics is still open in store, but the delivery element adds an extra layer of safety by eliminating contact. She says the delivery drivers wear face masks and gloves, sanitizing everything that the customer will come in contact with.

 $\label{thm:continuous} Dutchie is their middleman for delivery, but the shop's phones have been ringing off the hook as well.$ 

"We have adjusted hours because we've started selling at 7 am," Sampson says, although the store itself doesn't open until  $8\ am$ .

Cannabis stores that have already been delivering are seeing an increase in business, but others can't provide

delivery because of strict OLCC guidelines — with a new exception.

To deliver weed legally, stores have to apply for a license through OLCC, which is a slow process, especially during a pandemic. Once approved, delivery drivers are required to keep track of the amount of time it takes to deliver the products. The cannabis must also be transported in locked boxes.

In advocating for cannabis shops to be allowed to deliver during COVID-19, Oregon Retailers of Cannabis Association (ORCA) petitioned and was able to push OLCC to pass a temporary rule change, allowing limited pickup by someone who is outside of the store "and within 150 feet of the retailer's licensed premises."

Casey Houlihan, executive director of ORCA, wrote in an email to  $\it Eugene~Weekly~that~they~are~encouraging~businesses~to~take~advantage~of~the~new~OLCC~rule~as~the~desire~for~deliveries~has~ramped~up.$ 

"These types of orders are becoming increasingly popular in recent weeks, and have been effective at reducing the amount of people interacting in retail stores and potentially transmitting the virus," he wrote.

So for whatever reason you partake, be it boredom, habit, for fun or medicinally, sit back and keep your distance, knowing you can still get your favorite buds delivered straight to your doorstep.

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## what's happening

#### **GENERAL**

LISTINGS ARE FREE UNLESS OTHERWISE NOTED

#### ONLINE MEETINGS FOR 12-STEP PROGRAMS

Al-Anon Anonymous meetings can be found at AlaNonLaneor.us.

Alcoholics Anonymous meetings can be found at EviAaweb.org.

Co-Dependents Anonymous meetings can be found at Coda.org.

Debtors Anonymous meetings can be found at Oregon-DebtorsAnonymous.org

Emotions Anonymous meetings can be found at Emotions Anonymous.org.

Marijuana Anonymous meetings can be found at Marijuana-Anonymous.org.

Narcotics Anonymous meetings can be found at na.org.

Overeaters Anonymous meetings can be found at oa,org.

Refuge Recovery meetings can be found at RefugeRecoveryorg.

### ONLINE FAMILY ENTERTAINMENT

Explore.org, live cams from around the world.

Oregon State Parks, Nature: Live in Your Family Room, OregonStateParks.org.

Oregon Wild Youth Art Contest, more info at Oregon-Wild.org.

OMSI Live stream events. Short notice on these events. More info at OMSI Facebook page.

"Springfield Public Library - Where Minds Grow," Springfield Public Library YouTube channel.

#### ONLINE EXHIBITS

Jordan Schnitzer Museum of Art, Jsma.Uoregon.edu.

Karin Clarke Gallery, Karin-ClarkeGallery.com. Maude Kerns Art Center ("A

Change of Space"), MkCenter.org.

White Lotus Gallery, WLotus. org.

#### ONLINE PERFORMANCE

Pickathon, "60 Concerts in 60 Days," 1pm every day. More info at PickaThon. com.

#### ONLINE SPIRITUAL

Blue Cliff Zen Ctr, via Zoom. Meetings can be found at BlueCliffZen.org.

### **THURSDAY**

APRIL 16

#### ONLINE LECTURES/CLASSES

Spread Peace Around Coronavirus: One hour support group, noon-1pm. RSVP at BethGreen.as.mc.

Stay at Home Lecture series w/ OSU College of Forestry, 3pm, via Zoom from Forestry.OregonState. edu.

#### HEALTH

NAMI Family Support Zoom Group, 7pm, register at NamiLane.org.

#### ONLINE PERFORMANCE

Eugene Symphony Quirky Thursday, 5pm, live on Francesco Lecce-Chong's Facebook page.

#### ON THE AIR

"The Point," 9am, KOPV, 88.0 FM "Arts Journal," 9pm, Comcast channel 29.

Thursday Night Jazz, 10pm, KLCC, 89.7 FM

### **FRIDAY**

APRIL 17

#### ONLINE FAMILY GATHERINGS

Oregon Zoo Live, activities developed by an award winning education team aimed at K-5, 9:30am, OregonZoo. org.

#### ONLINE GATHERINGS

Environmental Justice Pathways Webinar w/ Laura Pulido of the University of Oregon Department of Ethnic Studies moderating, 10-11:30am, via Zoom. RSVP at BeyondToxics.org.

Candidate forum for Eugene City Council Ward 2 (Kate Davidson & Matt Keating) and Eugene City Council Ward 7 (Claire Syrett, Douglas Barr & Charles Gray), noon-1:30pm, broadcast on Eugene City Club Facebook page, then available on YouTube. Airs again on Monday, April 20 on KLCC, 89.7 FM.

#### ONLINE PERFORMANCE

Eugene Symphony Epic Fridays, 5pm, live on Francesco Lecce-Chong's Facebook page. "Virtual Cinema" w/ Broadway Metro. More info at BroadwayMetro.com.

#### **SATURDAY**

APRIL 18

#### FARMERS MARKETS

Lane County Farmers Market, 9am-3pm, Park Blocks, E. 8th Ave. & Oak St. Please obey social distancing manners.

#### ON THE AIR

The Dr. Yeti Show, 10pm-midnight, KOCF, 92.7 FM or streamed at KOCF.org.

### **SUNDAY**

APRIL 19

#### ONLINE LITERARY

Book launch for Cai Emmons, author of *Vanishing*, 4pm, via Zoom. ID: 644 437 057. PW: 211043.

#### ONLINE SPIRITUAL

All churches have been shuttered. Consult your church website for live stream worship times.

Eugene Insight Meditation Community, 6:30pm, via Zoom.

#### HEALTH

Occupy Medical, noon-4pm, 1717 Centennial Blvd, Spfd.

#### **MONDAY**

APRIL 20

#### ONLINE GATHERINGS

Granny Rocks, 6:30pm. RSVP at BethGreen.as.me.

#### ONLINE LECTURES/CLASSES

Musical Mondays (musical education videos), 10am, Eugene Symphony Orchestra Facebook page.

Life without Fear & Anxiety, 6pm, via Zoom.

Strength & Mobility Monday for Runners taught by Jake Stephens, DPT, of Cooperative Performance & Rehab, 6pm, Run Hub Facebook page.

#### ONLINE RECREATION

Trivia w/ Dr. J & Gina Juice, 7pm. More info at Jameson's Bar Facebook page.

#### **TUESDAY**

ADRII 91

#### ONLINE GATHERINGS

Classic Tuesdays w/ Eugene Symphony Orchestra, 5pm, Francesco Lecce-Chong's Facebook page.

#### WEDNESDAY

APRIL 22

### ONLINE FAMILY ENTERTAINMENT

Little Notes Music Time, 9:30am. More info at Eugene Suzuki Music Academy Facebook page.

#### ONLINE GATHERINGS

Family Wednesdays w/ Eugene Symphony Orchestra, 5pm, Francesco Lecce-Chong's Facebook page. Granny Rocks, 6:30pm. Register at BethGreen.as.me.

#### THURSDAY

APRIL 23

#### ONLINE LECTURES/CLASSES

Spread Peace Around Coronavirus: One hour support group, noon-1pm. RSVP at BethGreen.as.mc.

Stay at Home Lecture series w/ OSU College of Forestry, 3pm, via Zoom from Forestry.OregonState.edu.

#### HEALTH

NAMI Family Support Zoom Group, 7pm, register at NamiLane.org.

#### ONLINE PERFORMANCE

Eugene Symphony Quirky Thursday, 5pm, live on Francesco Lecce-Chong's Facebook page.

#### **ATTENTION**

Eugene Public Library is expanding online access in order to support Eugene area students and community members while its public buildings are closed due to the Covid-19 virus. Because many online services require a library card, the library will register new cardholders by phone. People who live in the Eugene area but outside city limits will be issued temporary cards at no charge. Expired and blocked cards may also be used at this time. To register for a new card or renew an expired card, call Eugene Public Library at 541-682-5450, 10 am to 6 pm, any day of the week.

Calling all artists: The

under-construction Gordon Hotel on 555 Oak Street is taking art submissions through April 20. Up to 300 pieces will be purchased for the new 82-room boutique hotel. Purchase prices range from \$50 to \$300. All mediums (textile, acrylic, sketch, photographs and paintings) will be considered. Preference will be given to local artists and artists with a connection to Oregon and images from the state. Also, the majority of pieces to be considered will be above 30 x 30 in total size. Review of the works is April 30, and acquiring begins on May 15. Email up to 5 submissions and contact information (no website links) to Allie@Obie. com. Additional information can be found at ObieCompanies.com/TheGordonHotel.



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## Finding Her Medium

CAI EMMONS WENT FROM SUCCESS TO SUCCESS ON HER WAY TO BECOMING A NOVELIST

By Bob Keefer

ince she came to Oregon two decades ago, Eugene writer Cai Emmons has mostly been known as a novelist. So how did it happen that her new book contains nothing but short stories?

That surprised her, too. "This project kind of came together almost randomly," she says in a phone interview. "These stories I had lying around, some of them had been published and some of them hadn't been. And I saw a through line, and I thought, 'Oh, I'll just throw these together and submit them to one of these writing competitions."

Emmons' collection of five stories — connected by a common theme of people dismissed by the broader culture — took first place in the 2018 Leapfrog Fiction Competition. The prize was publication by Leapfrog Press. Her new book, *Vanishing*, came out in March, and an online book launch party is Sunday, April 19, on Zoom.

It will surprise no one who knows her that Emmons moves easily from one form of fiction to another. Before she became a novelist, Emmons was a filmmaker who won a student Oscar. Before that, she was a playwright. Emmons studied theater and psychology as an undergraduate at Yale University. Plays she wrote were produced or given readings at New York theaters. One day she got back to the apartment she shared and found a note on the wall. "Call

Edward Albee," it said, and included a phone number.

She thought the message was a joke; she couldn't believe she would get a call out of the blue from the Pulitzer Prize-winning author of *Who's Afraid of Virginia Woolf*. She telephoned, and Albee offered her a month-long artist residency at the Barn, the Long Island retreat run by his eponymous foundation. "I said 'yes' on the spot!" she says.

Theater as a career didn't stick. "It was really great, but it was also a little premature," she says. "I was like, 'Wow, I don't know if I'm really ready to be a playwright."

Emmons applied to film school at New York University, where she got her MFA. Other film students at NYU in those days were Jim Jarmusch (*Stranger Than Paradise*) and Spike Lee (*Do the Right Thing*). She got to know Barry Sonnenfeld, who would be the Coen Brothers' director of photography for their first movie, *Blood Simple*, and she remains friends with Debbie Reinisch, associate producer of the Coens' *Raising Arizona*.

"It was a very heady time to be there, and it was so much fun

to do that sort of guerrilla-in-the-streets film making," she says. "And being a 20-something in New York when you could afford to live in Manhattan!"

Her thesis project, an hour-long film titled A Man Around the House, won the Student Academy Award in 1981. "They flew me out to California, she says. "There was a big ceremony and it was — I have to say, it was overwhelming."

She married another writer, Richard Howorth, and they began writing scripts with the idea of doing an independent production. "We made some headway," she says. "We got some New York producers interested. We ended up optioning a bunch of screenplays."

The couple moved to Los Angeles. "We started taking meetings in L.A. and, oh my God, what a time that was. It was just like *The Player*, the Altman movie, the one about screenwriting. Do you know it? The one where they're pitching movies?"

In the end Emmons got lots of meetings but no productions. She and Howorth wrote a couple screenplays for a CBS television series, *The Trials of Rosie O'Neill*. The work paid well — about \$35,000 an episode — and she says it was fun to see her material on television a couple weeks after she wrote it. But it wasn't, she says, high art.

"I don't love those episodes that we did," she says. "It's not work I'm terrifically proud of, because there were so many constraints. But anyway it made me feel like, OK, I'm seeing a little bit of how television works."

Emmons and her husband wrote a movie script they called *Political Wife*, about a married couple who run against each other for election.

"Every studio president in Hollywood — not just the VPs, which is more the norm — every studio president read this script. Everyone loved it. There was a heady weekend when it was up for auction and we thought, 'OK, how many millions is it going to be?'"

Their script didn't sell.

That led her, once again, to go back to school. The couple moved to Eugene in 1996; she got her MFA in creative writing at the University of Oregon, where she went on to teach writing.

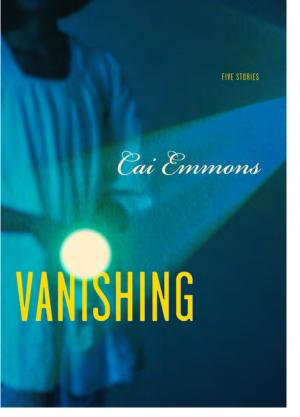
Her transition to writing novels came naturally. "I'd already been writing fiction on the side even as I was working in film. So I think there's a part of me that kind of always wanted to be a novelist, but was afraid to."

Emmons' novels include *His Mother's Son* (2003), *The Stylist* (2007) and *Weather Woman* (2018). *Sinking Islands*, a sequel to *Weather Woman*, is due out in spring 2021.

She and Howorth divorced in 2003 and remain friends. These days Emmons is once again hanging out in the theater world; in pre-virus days she could often be spotted at openings at Oregon Contemporary Theatre with her partner, playwright Paul Calandrino.

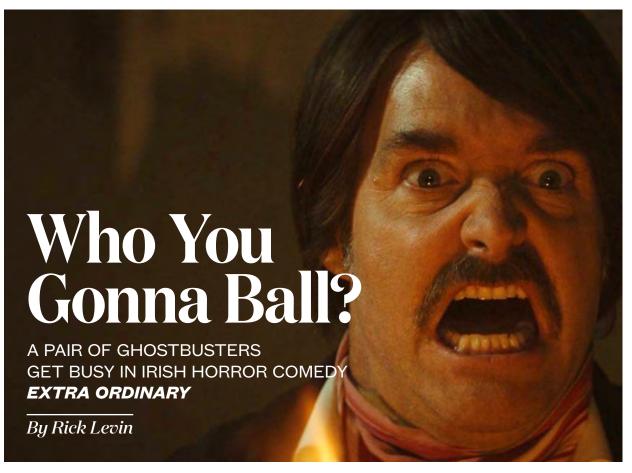
She doesn't for a moment regret her work in Hollywood. "It proved to be really instructive in terms of thinking about the structure of a longer written piece," she says. "I mean, I credit film with giving me some sense of how to approach writing a novel."

A virtual book launch party for Vanishing is on Zoom 4 pm Sunday, April 19. The meeting ID is 644 437 057 and the password is 211043.









rish humor strikes my ingrained American sensibilities in a strange way, and I like it.

Whereas British comedy is mannered even in its absurdity (see Monty Python), there's something deeply fatalistic in Irish comedy, a combination of gallows humor and bawdy irreverence that treats our farting, sweating bodies as machines of queasy hilarity. Don't believe me? Give Swift and Joyce a reread. They're filthy!

A new horror comedy, *Extra Ordinary*, leans heavily on this element (and elementalism) in Irish humor, which makes sense, because it's an Irish film, co-directed by Mike Ahern and Enda Loughman. It's also a loving goose of American cinema, tipping its hat to everything from

*Ghostbusters* to *The Exorcist*, with tongue planted firmly in cheek.

The film centers around Rose (Maeve Higgins), a driving instructor with a "talent" — she sees dead people — and Martin (Barry Ward), a single parent whose dead wife haunts him with reminders on how to parent his teenage daughter Sarah (Emma Coleman).

Martin enlists Rose to help free him from what amounts to co-dependence on his dead wife, and the awkward, silly romance that develops between them is one of the movie's greatest pleasures. Then things get dire when a one-hit-wonder musician Christian Winter (Will Forte) and his wife Claudia (Claudia O'Doherty) target Sarah as a virginal sacrifice in their demonic ritual to revive Christian's floundering career.

Extra Ordinary is a weird film. It is slight and buoyant in temperament, silly and surreal in execution, and shot through with all manner of innocent gross-outs and Hollywood in-jokes. Essentially, it's an extremely quirky romantic comedy wrapped in the garb of a ghost story, Irish style, and ever aware of itself as such.

The funny thing is: It works quite well. Granted, much of it is loose limbed, as though the script occasionally gets thrown out the window for some juvenile improv, but even this has its charms. When it's not outright funny, it's never less than diverting.

The final 30 minutes of the movie are so bizarre and ridiculous that you just can't help but get swept up in the sheer gall of it all. It's a small, sweet, funny movie that's not going to change the world in the least. But who needs any more change at this point, right? ■

Extra Ordinary, along with a host of other newly released films, is being offered through Broadway Metro's "Virtual Cinema" program. At 3 pm Friday, April 17, you can join a virtual Q&A with the directors. You can also order popcorn and growler delivery. For more information on Virtual Cinema, visit BroadwayMetro.com.

## classifieds

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To place a classified ad: **CALL** 541.484.0519 **EMAIL** classy@eugeneweekly.com **WEB** classifieds.eugeneweekly.com **WRITE** 1251 Lincoln St. Eugene, OR 97401 **VISIT** our office Monday-Friday 9am-5pm

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Helpline Recording (541-342-5582). For meetings & information: www.eugene-saa.org

HAS SMOKING POT STOPPED BEING FUN? Out Of the Fog Marijuana Anonymous group meets every Wednesday at 7:30 in St. Mary's Episcopal Church, 13th & Pearl. Hope for marijuana addicts. Helpline # (541) 556-0877.

#### Pets

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#### WELLNESS

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#### **Spiritual**

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#### LEGAL NOTICES

#### **Legal Notices**

CIRCUIT COURT OF OREGON COUNTY OF LANE Case No. 20PRO0346 Notice by Publication under ORS 125.065(2) (Guardianship) In re proposed guardianship of: BROOKELYNN KAY HARRISON. DOB: 03-08-2002 TO: LARRY GRIFFITH, fka LARRY KAY HARRISON, JR., father. A Petition to appoint Jamie M. Harrison as guardian for Brookelynn Kay Harrison was filed on February 26, 2020. No hearing has been scheduled. A hearing will be scheduled if someone objects. YOU MAY OBJECT TO THE PETITION. IF YOU DO NOT FILE AN OBJECTION IN THIS MATTER ON OR BEFORE MAY 15, 2020, THE COURT MAY ENTER A JUDGMENT GRANTING THE RELIEF REOUESTED. To request a copy of the Notice and Petition, call Sylvia Sycamore, Attorney for the Petitioner at 541-683-8124, or contact her by mail at 541-682-4255. DATED this 7th day of April, 2020.

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR LANE COUNTY Case No. 20PB00180 NOTICE TO INTERESTED PERSONS in the matter of the Estate of Wren Denise Gardner, Deceased. NOTICE

### Jonesin' Crossword BY MATT JONES

Across 36 Answer a stimulus

1 Completely chill 5 Cat's resting spot 8 "Sweat smile" or "mone

mouth face," e.g.
13 Et \_\_\_(Latin for "and others")
14 Golden \_\_\_ 0's (cereal variety that somehow exist

16 Fix with a needle
17 ITEMS IN THE FREEZER
20 ITEMS IN THE FREEZER
21 Affectionate greeting (that I'm guessing there will be a lot

I'm guessing there will be a lo of when this is done)
22 Raphael's weapon, in "Teenage Mutant Ninja Turtles"
23 Gallery offering

24 Raiz c bica de ocho 27 Long sandwich 29 Makeshift car cleaners 32 Exclamations that have their moments? 36 Answer a stimulus 40 ITEMS IN THE REFRIGERATOR 44 Phone maker from Finla 45 "Born in the \_\_\_"

46 New employee
47 Degs. for many professors
50 Alternatives to Macs
52 It's usually due April 15
53 Breakfast hrs.
56 Android program
58 Carp in some ponds
60 ITEMS IN THE VEGETABLE
CRISPER
67 ITEMS IN THE VEGETABLE

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64 Miniature golf goal 65 English school founded by Henry VI 66 1040 IDs



APRIL 16, 2020

## FREE WILL ASTROLOGY BY ROB BREZSNY

ARIES (MARCH 21-APRIL 19): Aries artist Vincent van Gogh got started on his life's work relatively late. At ages 25 and 26 he made failed attempts to train as a pastor and serve as a missionary. He didn't launch his art career in earnest until he was 27. During the next ten years, he created 860 paintings — an average of 1.7 every week — as well as over 1,200 additional works of art. For comparison, the prolific painter Salvador Dali made 1,500 paintings in 61 years. During the coming 12 months, Aries, you could achieve a van Gogh-like level of productivity in your own chosen field — especially if you lay the foundations now, during our stay-at-home phase

TAURUS (APRIL 20-MAY 20): Most authors do their writing while sitting on chairs in front of desks. But long before there were standing desks, poet Rainer Maria Rilke and children's author Lewis Carroll wrote their books while standing up. Novelist Henry James had eight desks, but typically paced between them as he dictated his thoughts to a secretary. And then there have been weirdos like poet Robert Lowell and novelist Truman Capote. They attended to their craft as they lay in their bed. I suggest you draw inspiration from those two in the coming weeks. It'll be a favorable time to accomplish masterpieces of work and play while in the prone position.

GEMINI (MAY 21-JUNE 20): While sleeping, most of us have over a thousand dreams every year. Many are hard to remember and not worth remembering. But a beloved few can be life-changers. They have the potential to trigger epiphanies that transform our destinies for the better. In my astrological opinion, you are now in a phase when such dreams are more likely than usual. That's why I invite you to keep a pen and notebook by your bed so as to capture them. For inspiration, read this testimony from Jasper Johns, whom some call America's "foremost living artist": "One night I dreamed that I painted a large American flag, and the next morning I got up and I went out and bought the materials to begin it." (Painting flags ultimately became one of Johns' specialties.)

 $\pmb{CANCER}$  (JUNE 21-JULY 22): Ford Madox Ford (1873-1939) was a renowned author who wrote The Good Soldier, a novel that has been called "one of the 100 greatest novels of all time. Yet another very famous author, Henry James (1843–1916), was so eager to escape hanging out with Ford that he once concealed himself behind a tree so as to not be seen. You have astrological permission to engage in comparable strategies during the coming weeks. It won't be a time when you should force yourself to endure boring, meaningless and unproductive tasks.

LEO (JULY 23-AUG. 22): I hope that during the coronavirus crisis you have been entertaining wild truths and pondering the liberations you will initiate when the emergency has passed. I trust you have been pushing your imagination beyond its borders and wandering into the nooks and crannies of your psyche that you were previously hesitant to explore. Am I correct in my assumptions, Leo? Have you been wandering outside your comfort zone and discovering clues about how, when things return to normal, you can add spice and flair to your rhythm?

 $\emph{VIRGO}$  (AUG. 23-SEPT. 22): I like this quote by the author Jake Remington: "Fate whispers to the warrior, 'You cannot withstand the storm.' The warrior whispers back, 'I am the storm.' Although this passage is more melodramatic than necessary for your needs in the coming weeks, I think it might be good medicine that will help you prevail over the turbulence of the coronavirus crisis. Getting yourself into a storm-like mood could provide you with the personal power necessary to be unflappable and authoritative. You should also remember that a storm is not inherently bad. It may be akin to a catharsis or orgasm that relieves the tension and clears the air.

 $\emph{LIBRA}$  (SEPT. 23-OCT. 22): Libran rapper and activist Talib Kweli says, "You have to know when to be arrogant. You have to know when to be humble. You have to know when to be hard and you have to know when to be soft." You Librans tend to be skilled in this artful approach to life: activating and applying the appropriate attitude as is necessary for each new situation. And I'm happy to report that your capacity for having just the right touch at the right time will be a crucial asset in the coming weeks. Trust your intuition to guide you through every subtle

SCORPIO (OCT. 23-NOV. 21): Scorpio artist Marie Laurencin (1883-1956) enjoyed a colorful fate. One of the few female Cubist painters, she was a prominent figure in the Parisian avant-garde. She was also the muse and romantic partner of renowned poet Guillaume Apollinaire. But there came a turning point when she abandoned her relationship with Apollinaire. "I was twenty-five and he was sleeping with all the women," she said, "and at twenty-five you don't stand for that, even from a poet." Is there a comparable situation in your life, Scorpio? A role you relish but that also takes a toll? Now is a favorable time to re-evaluate it. I'm not telling you what you should decide, only that you should think hard about it.

SAGITTARIUS (NOV.  $22 ext{-DEC.}\ 21$ ): Sagittarian sculptor and architect Gian Lorenzo Ber nini (1596-1680) was a prodigious, inventive creator. One scholar wrote, "What Shakespeare is to drama, Bernini may be to sculpture." He designed and built public squares, fountains and buildings, many in Rome, which embodied his great skills as both sculptor and architect. Unlike many brilliant artists alive today, Bernini was deeply religious. Every night for 40 years, he walked from his home to pay a devotional visit to the Church of the Gesù. According to my reading of the astrological factors, now would be an excellent time for you to engage in reverential  $rituals \ like \ those -- but \ without \ leaving \ your \ home, of \ course. \ Use \ this \ social-distancing \ time \ to$ draw reinvigoration from holy places within you or in your memory.

CAPRICORN (DEC. 22-JAN. 19): As I understand the current chapter of your life story, you have been doing the unspectacular but yeoman work of recharging your spiritual batteries. Although you may have outwardly appeared to be quiet and still, you have in fact been generating and storing up concentrated reserves of inner power. Because of the coronavirus crisis, it's not yet time to tap into those impressive reserves and start channeling them into a series of dynamic practical actions. But it is time to formulate the practical actions you will take when the emergency has passed.

 $AQU\!ARIU\!S$  (JAN. 20-FEB. 18): Aquarian poet Jacques Prévert offered a variation on the famous Christian supplication known as the Lord's Prayer. The original version begins, "Our Father, who art in heaven, hallowed be thy name." But Prévert's variation says, "Our father who art in heaven: Stay there." Being an atheist, he had no need for the help and support of a paternal deity. I understand his feelings. I tend to favor the Goddess myself. But for you Aquarians right now, even if you're allergic to talk of a divine presence, I'll recommend that you seek out generous and inspiring masculine influences. According to my reading of the astrological omens, you will benefit from influences that resemble good fathering.

PISCES (FEB. 19-MARCH 20): How skillful are you in expressing what you want? Wait. Let me back up and reformulate that. How skillful are you in knowing what you want and expressing the truth about what you want to the people who might ultimately be able to give it to you or help you get it? This is the most important question for you to meditate on in the coming weeks. If you find that you're fuzzy about what you want or hazy about asking for what you want, correct

Homework: For three days, uphold your highest ideal in every little way you can imagine. Report results at FreeWillAstrology.com.

Go to Real Astrology.com

CHECK OUT EXPANDED WEEKLY AUDIO HOROSCOPES AND DAILY TEXT MESSAGE HOROSCOPES.

### classifieds

IS HEREBY GIVEN that Ronald L. Sperry III has qualified and been appointed as the Personal Representative of the estate. All Personal Representative of the estate. All persons having claims against the estate are hereby required to present them, with proper vouchers, within four months after the date of first publication of this notice, as stated below, to the Personal Representative, Ronald L. Sperry III, c/o DC Law, McKinney & Sperry, PC, PO. Box 1265, Roseburg, OR 97470, or the claims may be barred. Dated and first published this 16th day of April 2020. Personal this 16th day of April, 2020. Personal Representative: Ronald L. Sperry III, OSB #091525 DC Law McKinney & Sperry PC PO Box 1265 Roseburg, OR 97470 Telephone: 541-673-4451 Fax: 541-673-

IN THE CIRCUIT COURT OF THE STATE OF IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR LANE COUNTY Probate Department Case No. 20PB02190 NOTICE TO INTERESTED PERSONS In the Matter of the Estate of Walter A. Graff III, Deceased. NOTICE IS HEREBY GIVEN that the undersigned has been appointed Personal Representative. All persons having claims against the estate are required to present them, with youghers, attached to the them, with vouchers attached, to the undersigned Personal Representative at 767 Willamette Street, Suite 302, Eugene 767 Willamette Street, Suite 302, Eugene, Oregon 97401, within four months after the date of first publication of this notice, of the claims may be barred. All persons whose rights may be affected by the proceedings may obtain additional information from the records of the Court, the Personal Representative, or the attorney for the Personal Representative, John C. Fisher. Dated and first published on April 9th 2020.

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR LANE COUNTYCase No. 20PB00239 NOTICE TO INTERESTED PERSONS in the matter of the Estate of Bobby Dwayne Philo, Deceased, NOTICE IS HEREBY GIVEN that Ronald L. Sperry III has HEREY GIVEN that Ronald L. Sperry III has qualified and been appointed as the Personal Representative of the estate. All persons having claims against the estate are hereby required to present them, with proper vouchers, within four months after the date of first publication of this notice, as stated below, to the Personal Representative, Ronald L. Sperry III, c/o DC Law, McKinney & Sperry, PC, P.O. Box 1265, Roseburg, OR 97470, or the claims may be barred. Dated and first published

this 9th day of April, 2020. Personal Representative: Ronald L. Sperry III, OSB #091525 DC Law McKinney & Sperry PC PO Box 1265 Roseburg, OR 97470 Telephone: 541-673-4451 Fax: 541-673-1202

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF LANE Juvenile Department In the Matter of: ZOE JAE MCCARTNEY, A Child.Case No. 19JU06885 PUBLISHED SUMMONS TO: Shanna Rae McCartney aka Shanna Rae Brown IN THE NAME OF THE STATE OF OREGON: A petition has been filed asking the court to terminate your parental rights to the above-named child for the purpose of placing the child for adoption. YOU ARE of placing the child for adoption. YOU ARE REQUIRED TO PERSONALLY APPEAR REQUIRED TO PERSONALLY APPEAR BEFORE the Lane County Juvenile Court at 2727 Martin Luther King Jr. Blvd., Eugene, Oregon 97401, on the 4th day of June, 2020 at 10:00 a.m. to admit or deny the allegations of the petition and to personally appear at any subsequent court-ordered hearing. YOU MUST APPEAR PERSONALLY IN THE COURTROOM ON THE DATE AND AT THE TIME LISTED ABOVE. AND ATTORNEY MAY NOT ATTEND THE HEARING ATTORNEY MAY NOT ATTEND THE HEARI IN YOUR PLACE. THEREFORE, YOU MUST APPEAR EVEN IF YOUR ATTORNEY ALSO APPEAR EVEN IF YOUR ATTORNEY ALSO APPEARS. This summons is published purious to the order of the circuit court judge of the above-entitled court, dated January 8, 2020. The order directs that this summons be published once each week for three consecutive weeks, making three publications in all, in a published newspaper of general circulation in Lane County. Date of first publication: 04/09/20 Date of last publication: 04/23/20 NOTICE READ THESE PAPERS CAREFULLY IF YOU DO NOT APPEAR 04/23/20 NOTICE READ THESE PAPERS CAREFULLY IF YOU DO NOT APPEAR PERSONALLY BEFORE THE COURT AS DIRECTED ABOVE, THEN YOU MUST APPEAR ON JUNE 18, 2020 AT 10:00 A.M. AT THE SAME ADDRESS LISTED ABOVE. IF YOU FAIL TO APEAR FOR BOTH OF THESE DATES OR DO NOT APPEAR AT ANY SUBSEQUENT COURT-ORDERED HEARING, the court may proceed in your absence the court may proceed in your absence without further notice and TERMINATE YOUR PARENTAL RIGHTS to the above named child either ON THE DATES SPECIFIED IN THIS SUMMONS OR ON A FUTURE DATE, and may make such orders and take such action as authorized by law. RIGHTS AND OBLIGATIONS (1) YOU HAVE A RIGHT TO BE REPRESENTED BY AN

ATTORNEY IN THIS MATTER. If you are currently represented by an attorney, CONTACT YOUR ATTORNEY IMMEDIATELY UPON RECEIVING THIS NOTICE. Your pre UPON RECEIVING THIS NOTICE. Your previous attorney may not be representing you in this matter. IF YOU CANNOT AFFORD TO HIRE AN ATTORNEY and you meet the state's financial guidelines, you are entitled to have an attorney appointed for you at state expense. TO REQUEST APPOINTMENT OF AN ATTORNEY TO REPRESENT YOU AT STATE EXPENSE, YOU MUST IMMEDIATELY CONTACT the Lane Juvenile Department at 2727 Martin Juvenile Department at 2727 Martin Luther King Jr. Blvd, Eugene, OR 97401, at 541/682-4754 , between the hours of 8:00 541/682-4754, between the hours of 8:00 a.m. and 5:00 p.m. for further information. IF YOU WISH TO HIRE AN ATTORNEY, please retain one as soon as possible and have the attorney present at the above hearing. If you need help finding an attorney, you may call the Oregon State Bar's Lawyer Referral Service at (503) 684-3763 or toll free in Oregon at (800) 452-7636. IF YOU ARE REPRESENTED BY AN ATTORNEY IT IS YOUR RESPONSIBILITY 7636. IF YOU ARE REPRESENTED BY AN ATTORNEY, IT IS YOUR RESPONSIBILITY TO MAINTAIN CONTACT WITH YOUR ATTORNEY AND TO KEEP YOUR ATTORNEY ADVISED OF YOUR WHEREABOUTS. (2) If you contest the petition, the court will schedule a hearing on the allegations of the petition and order you to appear personally and may schedule other hearings related to the petition and order you to appear personally. IF and order you to appear personally. IF YOU ARE ORDERED TO APPEAR, YOU MUST APPEAR PERSONALLY IN THE COURTROOM, UNLESS THE COURT HAS GRANTED YOU AN EXCEPTION IN ADVANCE UNDER ORS 419B.918 TO APPEAR BY OTHER MEANS INCLUDING, APPEAR BY OTHER MEANS INCLUDING, BUT NOT LIMITED TO, TELEPHONIC OR OTHER ELECTRONIC MEANS. AN ATTORNEY MAY NOT ATTEND THE HEARING(S) IN YOUR PLACE. PETITIONER'S ATTORNEY Anthony H Dundon Assistant Attorney General Department of Justice 975 Oak Street, Suite 200 Eugene, OR 97401 Phone: (541) 686-7973 ISSUED this 31st day of April, 2020 Issued by: (54thbony H Dundon 2020. Issued by: /s/Anthony H Dundon Anthony H Dundon #143116 Assistant Attorney General

NOTICE OF DEFAULT, ELECTION TO SELL AND NOTICE OF SALE GRANTOR: BRIAN DAVIS AND FAITH STEVENSON-DAVIS, as tenants by the entirety TRUSTEE: CASCADE TITLE COMPANY SUCCESSOR

#### White Bird Clinic

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#### **CAHOOTS:**

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#### HOOTS:

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#### PET OF THE WEEK! Everybody deserves a good home

541-689-1503 www.green-hill.org 88530 Green Hill Rd



Meet Jean Ralphio! It is unknown what Jean Ralphio's gender is, but the shelter has been referring to him as a he. He is a

all brown and tan lizard looking for his forever home to relax in. He would love to go to a home with an experienced bearded dragon owner. Jean Ralphio had a rough start to life and deserves to live the rest of his life in a calm environment. He's currently in a foster home to gain his confidence so if you'd like to meet him, call to schedule an appointment. His foster says, "Jean Ralphio loves lounging under his heat lamp and being held. He's a lot of fun and a very handsome bearded dragon. He's just a babe and still has a lot of growing to do."

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TRUSTEE: BRIAN D. COX, Attorney at Law ORIGINAL BENEFICIARY: LE TOURNEAU IV, LLC ASSIGNMENT OF BENEFICIAL INTEREST: The beneficial interest was assigned to LeTourneau I, LLC, an Oregon Limited Liability Company, by Assignment Recorded August 27, 2019, Reception No. 2019-037221, Official Records of Lane County, Oregon. DEED OF TRUST: As follows, including its recording in the Lane County Oregon Official Records: Date of Trust Deed: August 6, 2018 Date Recorded: August 22, 2018 Recording Numbers: Reception No. 2018-039396 DESCRIPTION OF REAL PROPERTY AND PERSONAL PROPERTY in Lane County, Oregon, covered by the Deed of Trust: Lot 17, PEPPERTREE, as platted and recorded in Book 70, Page 41, Lane County, Oregon, DEFAULT FOR WHICH THE FORECLOSURE is made: 1. Failure to pay the \$10,000.00 balloon payment due April 1, 2019. 2. Failure to pay the monthly installments of \$1,515.06 for the months of September, October, November, and December, 2019, and January 2020. 3. Failure to maintain insurance upon the premises as required by the Trust Deed. SUM OWING ON THE OBLIGATION secured by the Deed of Trust: \$251,364.83 as principal balance, plus \$2,589.47 as accrued unpaid interest, plus interest thereon at 6% per annum from November 8, 2019, until paid, plus \$303.00 in accrued unpaid late fees. ELECTION TO SELL: The Trustee elects to sell the real property to satisfy the sum owing on the obligation, which the Beneficiary has declared due. THE SALE: DATE: Monday, June 8, 2020 TIME: 10:00 o'clock a.m., Pacific Daylight as established by ORS 187110 PLAGE: Law Offices of Brian Cox, 142 W. 8th Ave., Eugene, Oregon 97401 The Trustee will sell the real property to satisfy the sum owing on a bank or savings and loan with an Oregon branch, paid on the day of sale, the interest which the Grantor had or had power to convey at the time of execution of the deed of trust, to satisfy the sum owing on the obligation plus the expenses of sale and trustee and attorney fees. REINSTATEMENT: Any person named in ORS 86.778 has the right to have t

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closure proceedings dismissed and the deed of trust reinstated by payment of the entire amount due, other than such portion of the principal as would not then be due had no default occurred, together with the costs and expenses actually incurred in enforcing the terms of the obligation, trustee and attorney fees as prescribed by ORS 86.778, and by curing any other default complained of in the notice of default, at any time prior to five days before the date set for the sale. Without limiting the trustee's disclaimer of representations or warranties, Oregon law requires the trustee to state in this notice that some residential property sold at a trustee's sale may have been used in manufacturing methamphetamines, the chemical components of which are known to be toxic. Prospective purchasers of residential property should be aware of this potential danger before deciding to place a bid for this property at the trustee's sale. DATED: January 8, 2020. Brian D. Cox, Successor Trustee 142 West 8th Avenue Eugene, Oregon 97401

NOTICE TO INTERESTED PERSONS ESTATE OF GARY LEE GRACE LANE COUNTY CIRCUIT COURT CASE NO. 20PB02039 NOTICE IS HEREBY GIVEN that the undersigned has been appointed Personal Representative. All persons having claims against the estate are required to present them, with written evidence thereof attached, to the Personal Representative Mary Savage, c/o Janice L. Mackey, Hutchinson Cox, PO Box 10886, Eugene, Oregon 97440. All persons having claims against the estate are required to present them within four months after the date of first publication of this notice to the Personal Representative at the address stated above for the presentation of claims or such claims may be barred. All persons whose rights may be affected by these proceedings may obtain additional information from the records of the Court, the Personal Representative, or the Attorney for the Personal Representative, or the Attorney for the Personal Representative, and above. DATED AND FIRST PUBLISHED 04/02/20





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## SAVAGE LOVE

### **Quickies**BY DAN SAVAGE



I am a super queer presenting female who recently accepted that I have desires for men. My partner of two years is bisexual and understands the desires, but has personally dealt with those desires via masturbation while my desires include acting. Her perspective is that the grass is greener where you water it and that my desire to act is immature, selfish and has an unrealistic end game. What gives when you don't feel fulfilled sexually in a monogamous relationship?

— Open Or Over?

Something definitely gives when a person doesn't feel fulfilled in a monogamous relationship — sometimes it's an ultimatum that's given, sometimes it's a one-time-only hall pass that's given, sometimes it's an agreement to open the relationship that's given. But the relationship sometimes gives, e.g. the relationship collapses under the weight of competing and mutually exclusive needs and desires. If you want to open things up (if allowed) and she wants to keep things closed (no allowance), OOO, it's ultimately your willpower — your commitment to honoring the commitment you've made — that's likely to give.

I have a close friend who's cheating on her girlfriend. It has been going on for over a year. At first I actually supported the exploration because my friend has a really unsupportive girlfriend who has done really crappy things to her over the course of their relationship. I kept pushing for her to make a decision and use this affair as a way for her to free herself, but she is just coasting along with her girlfriend and her lover. She's under a lot of stress and she's turned into a major liar and it's creeping me out. I'm considering either telling her girlfriend myself (though I promised my friend I wouldn't) or maybe I just need to end this friendship. My friend's double life upsets me. It's just been going on too long.

— Is My Friend An Asshole?

If your friend — the one leading the double life — is asking you to run interference for her, if she's asking you to lie to her girlfriend, or if she's asked you to compromise your integrity in some way, she's an asshole and you're a sap; tell your friend you're done covering for her and that you won't be able to see her again until the deceit or the pandemic is over, whichever comes first. If the issue is that your friend expects you to ooze sympathy while she goes on and on about the mess she's made of her life, IMFAA, simply refuse to discuss the mess that is her love life with her. Remind her that she already knows what you think needs to do — she needs to break the fuck up with her shitty girlfriend — and then change the subject.

I'm a cis het woman who loves men and loves dicks. I love dicks so much that I fantasize about having one. Nothing brings me to orgasm more quickly or reliably than closing my eyes and imagining my own dick, or imagining myself as my partner, and what they're feeling through their dick. I love being a woman, and I'm afraid to bring this up with any partner(s) of mine. Is this super weird? Am I secretly trans somehow? Am I overthinking this?

— Perfect Minus Penis

It's not that weird. Some people are trans and you could be one of them (but fantasizing about having a dick ≠ being a male), and you're overthinking what you should be enjoying. Buy a strap-on, tell your partners about your fantasies, and enjoy having the dick you can have.

I wonder if you might be able to put a label on this sex act: It has to do with overstimulation, in this case of a penis (mine). After receiving a wonderful hand job, the giver kept stroking me purposefully. My penis was in a heightened, super-sensitive state. It was almost like being tickled, if you're ticklish. I was being forcefully held down (consensually), and just as I thought I couldn't take it anymore, I had a second amazing orgasm. I didn't ejaculate again, it was more of a body orgasm. It came in waves and everything was warm. It was mind-blowing, spiritual, galactic, unique and very similar to how I've heard women describe their orgasms. Ever hear of anything like this? Is this some sort of Japanese underground kink thing?

— Witty Hilarious Overzealous Amateur

The act you're describing already has a name, WHOA, and an entry on Urban Dictionary: apple-polishing. Most men find the sensation of having the head of their cock worked so overwhelming that their bodies involuntarily recoil, which makes it difficult to polish someone's apple if the "victim" isn't restrained in some way. But it's not painful — it's like being tickled; indeed, the victim usually reacts with desperate laughter and gasping pleas for it to stop. (Don't ask me how I know.) That all-over feeling of euphoria you experienced when your apple got polished was most likely a wave of endorphins — like a runner who pushes herself past her physical limits and experiences an full-body "runner's high," you were pushed past your physical limits, WHOA, and experienced the same sort of high.

I'm a 35-year-old straight guy. I recently started seeing an amazing 34-year-old girl. We love being around each other, but during sex, neither of us can come. It's infuriating, to say the least. She has no trouble when she masturbates and I know I have no trouble when I masturbate, so why can't we come together?

— Can't Understand Matter

If you can come when you masturbate and she can come when she masturbates, CUM, masturbate together and you'll be coming together. Mutual masturbation isn't a sad consolation prize — mutual masturbation is sex and it can be great sex. And the more often you come together through mutual masturbation, CUM, the likelier it gets that you'll be able to come together while enjoying other things.

I have a weird and terrible problem. I've been seeing someone new, and have just discovered that I get diarrhea every time I swallow his come. Like debilitating pee poops an hour after, every time. I know the solution to the problem would be to stop swallowing, but I was wondering if you had ever heard of this before or knew why this was.

— My Sad Asshole

I have heard of this before, MSA, and superstar Savage Love guest expert Dr. Debby Herbenick unpacked the cause for another reader a few years back: "Prostaglandins are substances made by the body and that the body is sensitive to. Semen contains prostaglandins — and prostaglandins can have a laxative effect on people. Related: If you've ever felt a little loosey-goosey right before getting your period, that's also thanks to prostaglandins (which spike just before your period, because the prostaglandins get the uterine muscles to contract, which then helps to shed the lining of the uterus, resulting in a menstrual period). So why don't more semen swallowers find themselves running to the bathroom post-blowjob? I don't know why most people aren't extra-sensitive to prostaglandins, but fortunately most of us aren't, or there would probably be a lot less swallowing in the world."

So, MSA, you'll have to stop swallowing your boyfriend's come or only swallow when you have immediate access to a toilet in a restroom with a powerful fan.

Listen to the Savage Lovecast-this week with Erin Gibson. www.savagelovecast.com.

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